

ABSTRACT OF THE DISCLOSURE

The disk recording apparatus and method are arranged to specify a recording address and a recording position on an optical disk with a wobble PM (phase modulation) format through the use of a wobble reproduced signal and a track reproduced signal. The recording apparatus operates to detect address information and a synchronous signal on the optical disk that correspond with the wobble reproduced signal and the track reproduced signal sent from the optical disk respectively. Then, the address information required for specifying a disk recording track and the synchronizing timing required for specifying a linking position are selected from the detected states.